

### ACTIVITY #1

**Set up:** Jailbreak

2 teams of players outside 18 yard box in line with 6 yard box extended with a cone in front of each team. Place a third cone in the middle. 2 coaches on either side of the net with several balls. On each side of the net place cones in a box to represent each teams jail.

**Instructions:** Alternating teams one player at a time participate. Coach plays a diagonal pass. Player takes first touch towards goal then shoots. After first shot player runs to middle cone then turns to receive second pass. This is now a one touch shot on goal.

**Coaching Points:** Rules of Jailbreak.

Player does not score on either shot then goes to jail on their side of the net. One goal is scored the player is safe and returns to their line of teammates. Player scores 2 goals will free any of their teammates who currently are in jail

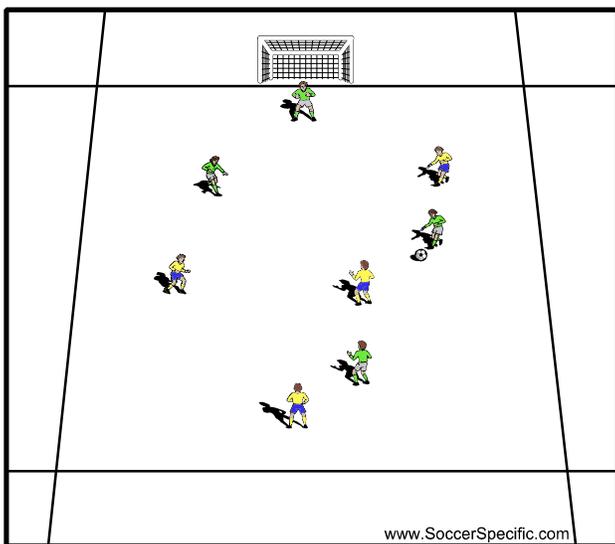
Younger players can eliminate goalie, eliminate 2nd pass. Miss in jail, score everyone is free. Also change terminology. Call it baseball- miss your out and score its a homerun and everyone free

### ACTIVITY #2

**Set up:** SSG

**Instructions:** Split players into 2 teams

**Coaching Points:** Encourage good use of field space, communication, and passing



### ACTIVITY #3

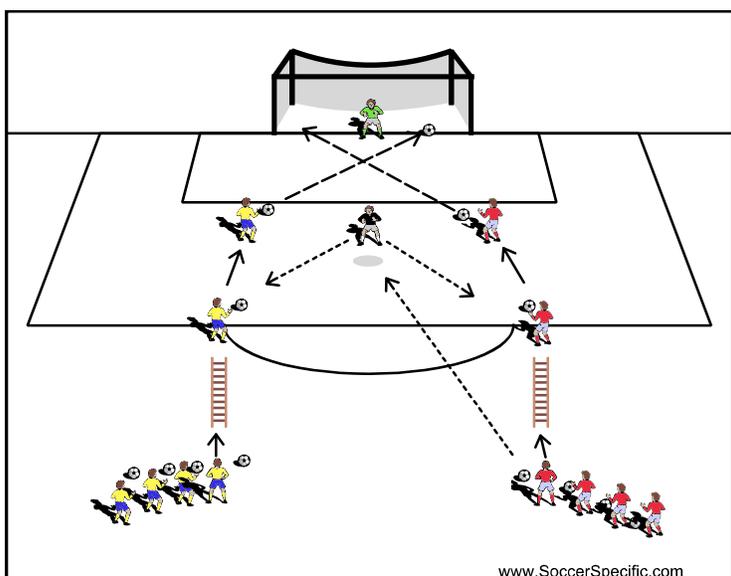
**Set up:** Shoot Across the Goal

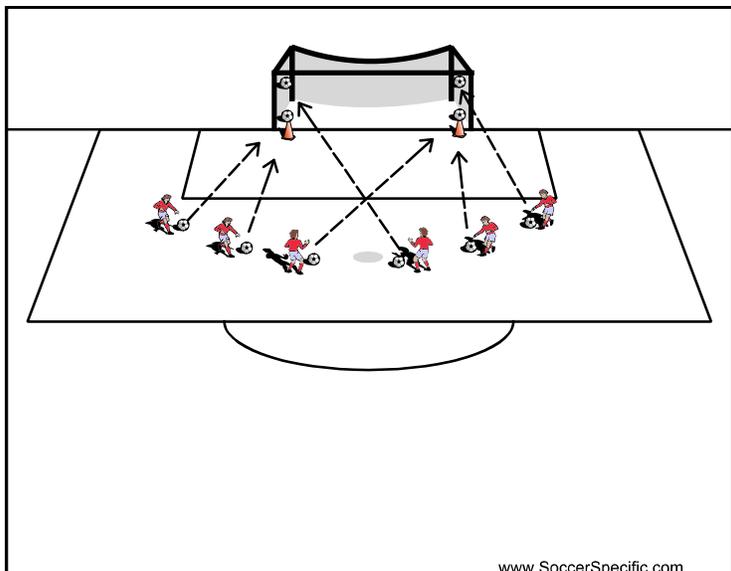
Players are divided into 2 groups outside the 18 yard box in line with the 6 yard box extended. Coach or player in the middle to act as a wall pass. Place ladders or cones in front of the 2 lines of players.

**Instructions:** Alternating Lines players play a pass to the middle then proceed through the ladder or around a series of cones. Upon exiting they receive a return pass and take a touch towards goal. A shot is taken with the object to shoot across goal to opposite corner.

**Coaching Points:** Smaller players you can eliminate the initial pass and have a ball waiting for the player to run onto when they exit the ladder.

In order to shoot across goal they must use both left and right foot





#### ACTIVITY #4

**Set up:** Target Practise

Have targets set up in the goal. Every player has a ball and is positioned at an appropriate distance from the net to have success hitting the target.

**Instructions:** All players shoot at target one at a time. All players shoot before anyone retrieves their ball

**Coaching Points:** For younger players place ball on cone for them to knock over.

Can use pinneis or balloons hanging from net for targets

Encourage proper contact with position on their foot. Instep for low targets and side laces to get under ball for higher targets.

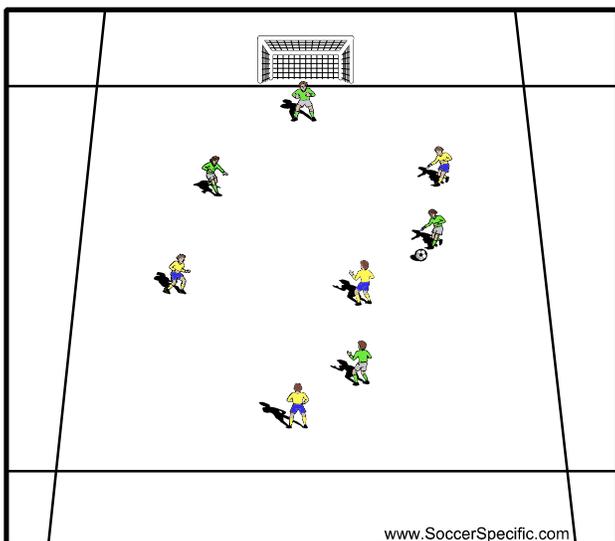
encourage players to keep head down and make good contact with ball

#### ACTIVITY #5

**Set up:** SSG

**Instructions:** Split players into 2 teams

**Coaching Points:** Encourage good use of field space, communication, and passing



#### ACTIVITY #6

**Set up:** Give N Go with defender- end with shot

One cone placed in front of the net outside the 18yrd box where the attacking players start. Just beside the net place 2 cones where the defending players start with a ball. A coach or player is positioned midway between the 2 groups of players.

**Instructions:** Defenders play a pass to the attacking player and follow to be a passive defender. Attacker plays a wall pass with the coach and upon receiving the ball back takes a shot on net. The two players switch lines

**Coaching Points:**

